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| **MEDICAL ALERT CARD**I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have **Restless Legs Syndrome (“RLS”)**, a chronic condition primarily causing extreme discomfort in my legs (sometimes arms & trunk) and causing an irresistible urge to move. My symptoms increase when at rest or inactive, and typically decrease by voluntary movements of my affected limb(s).**ATTENTION: Healthcare Providers*** Be alert for **symptoms** described above.
* Continue patient’s **treatment** of choice **or** administer RLS medications prescribed by patient’s physician to control symptoms.
* Avoid **restraints**.
* Administer dopamine-antagonist agents with **extreme caution**.

*The following medications (dopamine-antagonist agents & others) may cause significant worsening of RLS.***Administer with EXTREME CAUTION:*** Anti-nauseates—Benadryl, Antivert (meclizine), Atarax, Bonine, Compazine, Phenergan, Thorazine, Tigan, Trilaton, Vistaril, Reglan; S***afe alternatives***: Kytril, Zofran, Transderm Scop patch for sea sickness.
* Anti-psychotics—Haldol, Loxitane, Mellaril, Moban, Navane, Prolixin, Risperdal, Serentil, Stelazine, Thorazine, Vesperin
* Atypical Neuroleptics—approach with ***caution***: Clozaril, Risperdal, Seroquel, Zyprexa. *suggested alternative:* **Abilify (possibly)**
* Anti-depressants—ALL can cause RLS worsening; ***Safe alternatives:*** trazodone, Serzone , Wellbutrin, desipramine (possibly)
* Anti-histamines—BEWARE OF ALL sedating antihistamines, especially Benadryl & OTC/Rx combination cold/sinus/cough medications; Actifed, Comtrex, Contact, Dimetapp, Triaminic, Theraflu, Vicks cough syrup, Tylenol PM, Excedrin PM, Bayer PM, Sominex, Unisom. **Safe alternatives:** Claritin, Alavert, Clarinex, Allegra, Zyrtec (usually)
 | **MEDICATION RECORD**Name\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ph\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Doctor\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Ph\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Pharmacist\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ph\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***I am being treated for:***1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***Medication Allergy/Sensitivity Reaction Date***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**Emerg Contact**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Ph\_\_\_\_\_\_\_\_\_\_\_\_**NON-PRESCRIPTION** *medications I take regularly or as needed*:Start Date Medication Name & Strength Directions\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_**PRESCRIPTION** *medications I take regularly or as needed*:Start Date Medication Name & Strength Directions\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ |
| Updated: 8/14/14 www.rlshelp.org |  |